

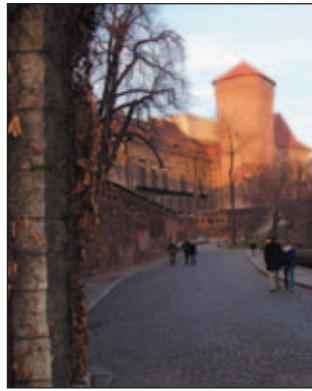
**Black History
events get
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**Tisket, tasket,
Easter bread-
filled basket**

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TRAINING TIMES

Vol. 26 No. 5

Serving the 100th Area Support Group communities of Grafenwoehr, Hohenfels and Vilseck

March 15, 2005

AAFES sets out local changes in store

*Furniture showroom to join
new restaurants in Vilseck*

BY KATHY JORDAN
TRAINING TIMES STAFF

Anticipating the influx of troops to the 100th Area Support Group, Matt Mennona, general manager of the Army and Air Force Exchange Service consolidated exchange, has blueprints for each of the three communities — all part of his master plan.

Vilseck will become home to an expanded furniture store stocking all the brands, so that comparison shopping will be easier. This year, two eateries — Subway and Charley's Steakery — have opened in the community.

"My vision is to have it to be more like the States here than any other place," said Mennona. "I firmly believe that we need to be more like the States, to give the customers that shopping experience."

According to him, a larger furniture store, for example, would be "a smarter way of doing business." Appliances, sofas and other furnishings would all be moved to Vilseck, although some ready-to-assemble pieces would remain in Grafenwoehr and Hohenfels.

"I know it is a little inconvenient," he said, "but ... part of the problem now is, if you want to shop all three to do some comparative shopping, you have to go to three locations. This way, we can provide that all under one roof."

He added that AAFES would deliver purchases to customers in Hohenfels and Grafenwoehr.

Although Subway and Charley's Steakery are up-and-running, the food-court development — a partnership between AAFES and the Directorate of Public Works — is not complete. Mennona said that a project to accommodate more customers is in the works, and they hope to start in May or June.

"We are bringing the wall out to provide more seating in that area," he explained. "The military, with their force-protection measures, also has to put a certain type of quality glass in to protect against terrorist attacks. We have already provided them with the funds to do that portion, and we will expand at the same time, so it is all under the roof."

Meanwhile, the new establishments are brimming with patrons.

"We get at least 300 people in here at lunch," said Subway supervisor Cindy Sanders. "It is always busy. The people have been very patient, and we appreciate that. We are just getting started."

"It's a very good place to come eat, and the food is very healthy for you," she continued. "It is a good time for everyone to go on a diet."

See *Changes*, page 4



Photo by Alice Adler

Sandy Young makes sandwiches for Sgt. 1st Class Helder Camera, 1st Lt. Raphael Jimenez and 1st Lt. Steven Chadwick, all of Company C, 1st Battalion, 63rd Armor Regiment, at the new Subway in Vilseck.

Q&A

During a career day in Vilseck March 2, 'Training Times' asked attendees, "What's your idea of the perfect job?"



Mamie Smith
"One that you enjoy doing and is stress-free"



Jessica Wilcox
"To be a lawyer, because it is something I have been fascinated with since I was 10 years old; in August, I start college, and after ... I will get my master's degree and then go into a law school."



Pearl Burrell
"The job I do now, as an education counselor: I like working with people and helping them to obtain their career in education."



Stephanie Cabados
"I want to be a teacher when I grow up. I have always loved the school experience – being in the class – and I just want to give that back to my students."



Maria Romero
"My own business: I want to practice capitalism."

Interviews and photos by Kathy Jordan

Commander's column

Live by laws of land

BY COL. RICHARD JUNG
100TH AREA SUPPORT GROUP COMMANDER

Living in Germany is definitely different from being back home. I've only been here for a few years and still do not claim to be an expert (for that, flip to page 12 for the regular German culture and cooking columns written by native Bavarian Martina Bias, who brings delicious samples of the latter to our office) but I'll give you a short list of got-to-know things.

Driving on post — Whoever told you that U.S. laws applied on U.S. installations was not your friend. That's dangerously dumb, and no such exception exists. Whether on post or off, German traffic laws are the ones by which we must abide, and that includes ...

Crosswalks — Drivers who do not pay attention are menaces. At all crosswalks, pedestrians have the right-of-way when they step onto the painted stripes or the street. Watch for children, who assume you know the rules.

Recycling — Whether you are color-blind or just lazy, you have no excuse for failing to recycle. Sorting your trash is mandatory for on- and off-post residents. Our communities might as well be

throwing money away, given all the fines we must pay because many Americans refuse to recycle properly. Local German governments have said they will stop collecting unsorted garbage off post. Which Soldier wants extra duty guarding recycling bins in U.S. housing areas?

Loud music — Deaf? Blaring stereos will not be tolerated in cars or in housing areas, on post or off.

Local alcohol limits — Gotcha! Germans will cite you for driving under the influence if your blood-alcohol content is .05. If the German *Polizei* catch you, you will accrue points on your USAREUR driver's license. No, it doesn't matter that the U.S. limit is higher.

Neatness — Germans keep their neighborhoods clean. It's part of their culture. Whenever I see a trashed yard off post, I feel certain it belongs to an American. That's rude. Take care of your government quarters, or you'll lose them.

Dogs — According to area support group regulations, one bite – regardless of the situation – will require the pet owner to move that animal out of government quarters. German law also prohibits certain breeds from

being brought into the country; check with the military police for more information.

Graffiti — Another ASG rule: The culprit pays for cleanup, and if it's a dependent, then his sponsor foots the bill.

I write about these eight topics, because they are recurring problems in our communities. Somehow, some people got it into their heads that because they are Americans, they cannot be prosecuted by the German government. Wrong! Watch yourself, and watch your dependents.

That's enough about rules. So what else don't you know about life in Germany? There are many ways to learn about it, but the best is to immerse yourself. Take part in cross-cultural Morale, Welfare and Recreation events, join your local Kontakt Club, go on Volksmarches, eat in a *Gasthaus*, or simply observe our German hosts and neighbors in their day-to-day activities.

This will be a great tour of duty and leave you with fond memories. Help us make sure that our German friends feel the same way. That's really the best reason for being a good American.

HISSES AND HURRAHS

Hurrah to Klaus Seidler and Charles "Mike" Bradfish, two Grafenwoehr Field House employees, each of whom was honored for 15 years of U.S. government service earlier this month. Seidler, a native of Weiden, is the facility manager and serves as a 100th Area Support group soccer official. Originally from Portland, Ore., Bradfish is the community and unit-level sports programmer.

Dan Fraizer
Grafenwoehr

Hiss to the Vilseck Library for not allowing my children to indulge in educational activities on the library computer. As my family and I were using up time Feb. 26 before my daughter's karate practice, we decided to go to the library and let the girls either read or use the educational

programs available on the computer. My 7-year-old had just logged on with my supervision at the computer next to her, when an employee of the library said my children had to be 10 years old in order to use the computer, regardless of my supervision. I have never been so insulted, as well as ashamed that one of our libraries would not let our children practice and be more educated, especially in this modern world of technology that we live in. I'm glad we live in Grafenwoehr!

Hurrah to the entire Grafenwoehr Library staff, who have helped my children with their education since our move to Germany. Keep up the fantastic work and the support to our Soldiers and family members, regardless of age.

Name withheld by request

Hurrah to Patrick Bennett and Gerhard Hoessel, both of the 100th ASG Directorate of Public Works, for being named DPW executive and business-management executive of the year, respectively, at the Department of the Army engineering competitions, the results of which were announced March 9. They will be recognized during a ceremony in Kansas City, Mo., March 29 to 31.

Ed.

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Submissions to *Hisses and Hurrahs* should be sent via e-mail to the editor at cara.matlock@graf.eur.army.mil, or faxed to 475-7935. Please include a brief description of the episode, along with your name and community, a telephone number or e-mail address, and the name of the person you deem worthy of mention, if known. Identities of those to be censured or criticized should not be revealed: We wish to invoke only private shame, not public stonings.

Training Times

Training Times is an unofficial biweekly publication authorized by AR 360-1. Editorial views are not necessarily those of the Department of the Army. The paper is an offset publication prepared and edited by the 100th Area Support Group Public Affairs Office. Training Times is printed by Stars & Stripes and distributed every other Tuesday. Circulation is 6,000 copies. Submissions are welcome. Mail letters to the editor and commentaries to PAO, Unit 28130, Attn: Training Times, APO AE 09114. Send e-mail to cara.matlock@graf.eur.army.mil. Telephone the Training Times at 475-7113 or fax to 475-7935 with story ideas and events. Advertising inquiries should be made to Melanie McRee at 349-8426 or 06155-601-426.

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41st Trans. Co. departs for Iraq

BY KATHY JORDAN
TRAINING TIMES STAFF

Families and friends said farewell to 120 Soldiers of 41st Transportation Company as they prepared to leave for Iraq. The ceremony, held March 2 in the Hilltop Fitness Center, featured a cake covered with the names of everyone deploying.

Comrades now stationed in the United States returned to Vilseck and saw the troops off.

"We came all the way from the States to see our partners from 41st go downrange again," said Sgt. Antonio King. "We went with them the first time; they are like family. We let them know when they got ready to roll out again, we would come see them. We want to wish them good luck, and we will probably see them down there in the fall. ... I have a lot of friends I left here a few months ago, and that's the only way it should be or can be."

Staff Sgt. Robert Miller, who had also traveled a long distance to show his support, agreed.

"This is our family. We have a lot of friends here. We are brothers for life. I can't explain it; that is just the way it is."

During the ceremony, commanders offered advice to those departing.

"For you young Soldiers out there who are not quite sure what to expect downrange ... look to your left or right and pick out one of your comrades wearing that combat patch on their shoulder," said Lt. Col. Bruce Ferri, 18th Corps Support Battalion. "Look to them for advice and listen to their war stories. ... You may learn a thing or two that will keep you alive."

"I challenge you to take the new members of your company under your wing and look out for them," he continued. "You all made it home safely last time, and I expect you all to come home safely again."

Col. Catherine Haight, 7th Corps Support Group, spoke to the crowd about current conditions in Iraq, comparing them to the last time the unit was there.

"The enemy has spent a lot of time learning while we have been back here with our families," she warned. "The training that you have been through we know is hard, and it has hardened you to the task. ... I have no doubt that you are as ready or even more ready than any transportation company in the United States Army."

Family member Stephanie Clark said afterward that she had taken comfort from the speeches.

"I am somewhat relieved because of the way they say that Soldiers have gotten their upgraded Humvees and things like that," she said. "Last time my husband went downrange, I was a bit worried because it was easy for them to be a target out there. Now it's a lot better for them to give our Soldiers more protection than they did last time."

According to Haight, such improvements will be put to good use.

"My husband just got back from Iraq, and he told me there is so much respect for anyone who spends their day on the road," she said. "Everybody understands how tough this job is."



Photos by Corrina Todd and Barbara Nicklin

Vilseck Elementary School students Cole Todd, Paul Linka and Francisco Dominicci (above) and Eric Wollersberger of Hohenfels (right) work on their team monsters for Odyssey of the Mind, Feb. 25 to 27 in Garmisch.



Local youths take Odyssey

BY ALICE ADLER
TRAINING TIMES STAFF

As befits its name, the annual Odyssey of the Mind competition drew 270 of the brightest students from as far away as Bahrain and Iceland to the Edelweiss Hotel in Garmisch, Feb. 25 to 27. Youths from each of the 100th Area Support Group communities placed in the Department of Defense Dependents Schools – Europe competition, with a class from Hohenfels winning its division.

In preparation for the annual event, kindergartners through collegians work in teams of up to seven to solve what are classified as "long-term" problems. The local classes had researched their projects for six months, after each choosing one from a list.

Barbara Nicklin, sponsor for Hohenfels High School, said their desire to learn was strong. Last year, for instance, the program had no sponsor at her school, leading students who had participated in other places to approach Nicklin.

"They begged me to sponsor them," she recalled. "How can you say 'no' to that?"

Nicklin explained that she was not allowed to help solve the Odyssey problem in any way.

"Adults have nothing to do with it," she stressed, "not even with the brainstorming." During their presentations, "we can't even carry their backdrops."

Typifying the complexity of the long-term problems was that of the winning Hohenfels team. Get the Message required

students to describe three stages of a system. The local team illustrated glaciers using Ice Age formations, modern rivers and a futuristic scenario. They added a predatory theme and presented the final work as three plays, writing the scripts, creating all of the costumes, backdrops, and props, and acting in their productions.

In Your Dreams had local teams building life-sized papier-mâché monsters that could rotate 180 degrees, pick up objects, change their appearance and do at least two other things – all without any human help.

After arriving at the competition with their finished projects in tow, the teams were assigned a "short-term" problem to solve in seclusion. The students were sworn to secrecy, as the same problem will be used at events around the world. Neither parents nor team sponsors were exempt from this rule, meaning that Nicklin could only guess what they might have been given.

"It's often an engineering problem," she said. "They are given four Gummi bears, two marshmallows, an Oreo and some spaghetti and asked to make a car, for example."

Accumulating points for the short- and the long-term problems, the team with the highest total wins its division. The top Hohenfels group qualified for the world competition at Boulder, Colo., in May, but their lack of funding will prevent them from attending. Unlike school athletes, many of whose hotel bills are covered, Odyssey of the Mind team members had to finance their

own food and lodging.

"We had to do fund raising for everything just to go to Garmisch," Nicklin said.

She added that their efforts had reaped rewards, however, citing the many things her students gained on their Odyssey. Asked what she deemed the most important lesson, she replied, "It teaches them how to work as a team. It is not an individual thing; they really have to learn to listen."

Dana Parks, a freshman at HHS, agreed.

"We didn't really work that well together in the beginning," she recalled, "but we pulled it together at the end."

Junior Bethany Parks said she looked forward to doing it again next year, saying she had loved the whole experience.

"I liked watching the other teams to see what they were working on," she recalled. "I like to see how other people did it."

"It was really exercising your mind," she concluded. "You realize you know more than you think you do."

100th ASG winners

First place, Division III, Get the Message, Hohenfels High School: Dawn Clagett, Isaiah Cole, Bethany Parks, Katie Peck, Christina Reynolds and Tihana Tercek;

Second place, Div. II, In Your Dreams, Vilseck Elementary School: Francisco Dominicci, Gordon Hucal, Paul Linka, Christine Mitchell, Cheyanne Swanson, Cole Todd and Jenna Watson;

See Odyssey, page 5

hail & farewell

An overview of staff changes around the 100th Area Support Group

Hail

- Don Prater is the new physician's assistant at Grafenwoehr Health Clinic. A former Soldier, Prater retired with 24 years of service before joining Johns Hopkins University and starting a clinic for expatriates in Nanjing, China. He has also worked in the countries of Niger and Georgia. He arrived

in January with his wife and two daughters.

- LeAnn Buchholz has joined the Hohenfels Child and Youth Services staff as a recreation assistant.

Submissions to **Hail and Farewell** should be e-mailed to the editor at cara.matlock@graf.eur.army.mil.

In brief

Spring forward

Daylight-saving time begins March 27. Remember to set clocks one hour ahead when turning in the night before.

Cash for college

Graduating seniors in Department of Defense Dependents Schools – Europe are encouraged to apply for Alpha Kappa Alpha Sorority, Inc., scholarships.

Criteria are academic performance, proven leadership abilities, school and community service, and financial need. Submissions must be postmarked by April 8.

Applications are available from high-school guidance counselors or at the Mu Psi Omega chapter's Web site: www.angelfire.com/de3/mupsiomega/AKAHomePage.html.

Closure

Community Banks will be closed March 25 and 28 for Good Friday and Easter Monday.

Changes

Continued from page 1

Bahlen Urquhart, lunching with her 3-year-old daughter, Summer, agreed.

"I have been looking forward to it opening, because it is a lot healthier for me, and they have a healthy kids' meal here also."

Having burned off some calories immediately beforehand, Belinda Hughes and Tiffany Taylor touted the fast-food chain's benefits as well.

"I just left the gym," Taylor said, "and now I am going to eat a sub and drink a cup of water. It is good diet food. This is a healthier choice."

Robbie Swint, a coach for Vilseck, said he was there to get a jump start on his fitness plans for the next season.

"I am trying to lose weight so I can be a better coach next year," he said. "I coach volleyball and wrestling this year, but I hope to coach basketball and football next year."

Angie Coleman, a Subway employee, thought opening the franchise was a great decision.

"It's very exciting," she said. "I have been eating it in the States for years."

"The community asked for Subway," Mennona said, "and that was something we have been pursuing for several years. Charley's is probably the number-one fastest growing name brand in the business."

Manager Doug Short said he loved his job and offered reasons for the Steakery's popularity. "We serve a little over 400 customers a day. ... The food is great," he said, pointing out that their menu included more than steaks. "We serve American-style breakfast here."

Giovante Hyman, an eighth-grader from Vilseck, had just eaten a turkey club and was full of praise.

"I had an invitation to the grand opening of Charley's," he reported.

His brother Jacinco, a sophomore, pronounced his barbecue cheddar steak "the best one on the menu," adding, "I would go back."

Mennona said that kind of loyalty is what he is working to inspire.

"We have a captive audience here," he admitted, "but this is our chance to gain them as customers for life."

In the next issue: what the future holds for Hohenfels

Students celebrate Black History

BY KATHY JORDAN

TRAINING TIMES STAFF

Students at Vilseck Middle High School observed Black History Month on Feb. 7 by keeping the words, ideas and experiences of black Americans alive through an international chain.

They joined more than 1 million people of many ethnic groups from 49 states, as well as the West Indies, Europe and Africa, who read aloud books, poems, plays and other works by black authors.

The Black Caucus of the National Council of Teachers of English sponsored the first African-American Read-in Chain in 1990. The next year, the National Council of Teachers of English co-sponsored the effort to educate young people about black history. Vilseck has participated for nine years, and program coordinator Rita Joshua, a seventh-grade language arts teacher, explained why she felt it was important to do so.

"Sometimes we are far removed, being in the military community here in Europe," she said. "Children don't get to experience a lot of things they would in the United States. With this program, they have something they can latch onto."

"It gives them a little glimpse into the history, if they don't know anything about it. They are able to experience some of the African-American authors and inventors. This is a part of everyone's history, be they

black, white, green, blue or yellow."

During the read-in, students, teachers, staff and members of the community who had volunteered for the event read 18 different selections for the assembly.

School Age Services worker Deondrea Jones had chosen a letter written by Pvt. Bert Babero on March 13, 1944, to inform the secretary of state about the treatment of black Soldiers during World War II.

"I wanted to make people aware that, even as late as the 1940s, there was still segregation and problems and issues," Jones said of her choice. "I love the fact that, at that time, we could eloquently express ourselves by writing as a form of protest. I wanted to teach them that there are other ways to talk or communicate to others about things that need to be changed."

Mirian Houston, manager of the Exceptional Family Member Program, read a piece titled *Where Would We Be Without Black People?*, which discussed some of the numerous everyday items they invented.

"We take so many things for granted," she said afterward. "We don't know how some things came about. There are so many contributions that have never been

acknowledged. This is one way to bring it to the forefront."

Travies Mims of Child and Youth Services recited part of Martin Luther King Jr.'s *I Have a Dream* speech.

"I participate in these types of programs, because I love the message and educating

the youth about the past and what went on then and how it relates to things going on now," he said of his contribution. "I want them to know that through dedication, hard work and having a vision of what you want to do, anything is possible."

Senior class

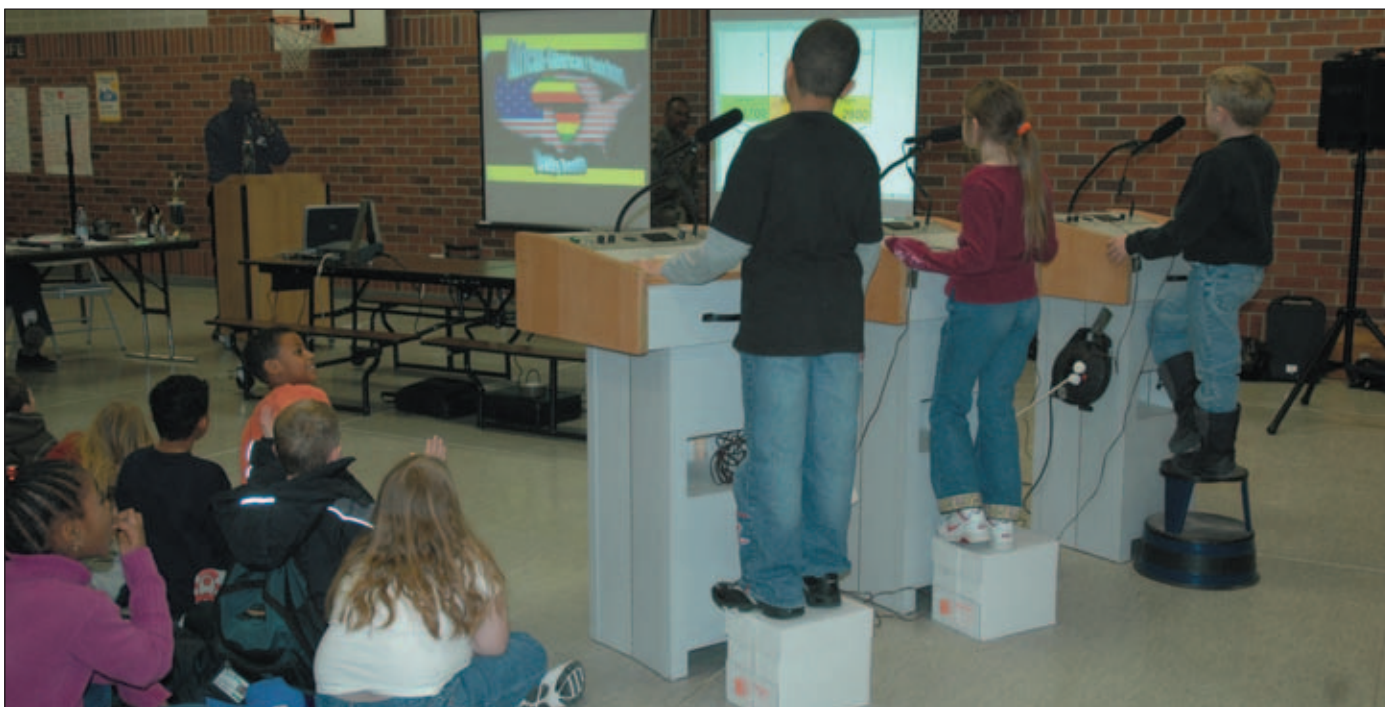
president Ebone Chambers agreed. "I think that it is important for the younger kids to know about African-American writers," she said. "It is a written history of those that went before them."

Sgt. 1st Class David Ward, 409th Base Support Battalion Equal Opportunity advisor, said he had gained insight from the event.

"I learned quite a bit from a lot of the readers," he said, adding, "What I did learn was the struggle that black Americans face and how they overcome those struggles and the adversity and how they have pushed forward to the future."

*This is a part
of everyone's history,
be they black, white,
green, blue or yellow.*

Rita Joshua
Vilseck Middle High School



Age of Enlightenment

Julian Byles (left), a student at Hohenfels Elementary School, gives his final answer on the final day of Black History Month Feb. 28 to be declared the observance's *Jeopardy* champion. Sponsored by the local Equal Opportunity office, the event drew third-, fourth- and fifth-graders to the multipurpose room, where question screens had been erected to make this version as close to the original as possible. The contestants — Byles, William Duvall and Adelynn Hand, all in the third grade — had qualified to compete by besting their schoolmates on a subject-matter test. To make sure they were (literally) up to the challenge, boxes and stools had been placed behind their podiums (above). Organizer Samuel Aundrá Fryer said the brain bout was organized to help the schoolchildren "learn a little bit about Americans, because we are all Americans."

Photos by Alice Adler

Odyssey

Continued from page 3

Third place, Div. II, In Your Dreams: *Grafenwoehr Elementary School:* Patrick Bias, Christian Colon, Thea Dunn, Luke Hearn, Antonio Sellers, Alex Smith and Samantha Walker;
Third place, Div. I, Laugh-a-thon: *GES:* Andrew Hearn, Kiley Heflin, Maxwell Hoover, Wes Kennedy, Rebecca Matheson, Michelle Ragay and Madelyn Schwartz;
Third place, Div. I, In Your

Dreams: *VES:* DeAndre DeSuza, Alex Lamson, Lorena Leon, Connor Todd, Shayne Watson and Megan White;
Third place, Div. II, Laugh-a-thon: *VES:* Susan Danner, Kristine Kulp, William Maddox, David Mitchell, Nick Muñoz and Caitlin Swanson;
Individual awards: Charlotte Hatch and Christina Reynolds, both of Hohenfels;
Noncompetitive Primary

Problem: *VES:* Teiya Bilon, Darnell Downer, Deanna Foreman, Justin Holt, Annie Moore, Alex Muñoz, Quintin O’Brien, Michael Todd and Julian Williams;
Also competing, Div. III, In Your Dreams, Hohenfels: Charlotte Hatch, Katie Hoss, Brittani Lowe, Dana Parks and Eric Wollersberger.
Additional reporting by Martina Bias

Make healthful food choices for Nutrition Month, beyond

BY SHELLBY JONES
HEALTH PROMOTION COORDINATOR
March is National Nutrition Month – an excellent time to contemplate what you would do in the following scenario: It’s 11:45, and you are starving. Your next meeting is not until 12:30, but you have hundreds of e-mails and a pile of paper-work. If you took time to eat lunch, would you a) hit the food court or a fast-food restaurant, or b) retrieve from the refrigerator the lunch that you had wisely packed before heading out the door that morning? A majority would probably say, “Go to the food court: It’s quick and convenient.”

Fast food is a growing component of the American diet. A study published in the Jan. 1 issue of *The Lancet* showed that participants who consumed fast food two or more times weekly had twice as great an increase of insulin resistance over a 15-year period and gained about 10 pounds more than those who ate it less than once a week.

In previous studies, researchers found that fast-food customers had higher intakes of calories, fat, saturated fat, sodium and carbonated soft drinks. They also consumed significantly lower amounts of vitamins A and C, milk, fruits, and vegetables than those who did not eat fast food.

In a perfect world, we would make the time to prepare a well-balanced lunch to take to work or eat at home, but demands, obligations and deadlines sometimes mean that a nutritious meal becomes the lowest priority. When you are rushed, remember that fast food can fit reasonably into a healthful diet, but choosing the best option is up to you.

The next time a smiling face asks, “May I take your order?” keep these suggestions in mind – and never super-size it.

- Forgo fried items, such as fish or chicken, in favor of broiled ones;
- Order a baked potato, lightly topped, and eat the skin, which is full of fiber;
- Try items with beans (burritos and chili, for example);
- If you must have a

hamburger, choose a plain one with lettuce and tomatoes, rather than cheese, mayonnaise or other fatty condiments, and bacon, and use less ketchup, relish, jelly, and barbecue sauce, all of which contain large amounts of sugar and, therefore, excess calories;

- Select whole-grain buns and other bread products whenever possible and eschew biscuits and croissants;
- Request vegetables or a fresh side salad in place of French fries or onion rings or, failing that, have a small portion (you may be surprised that it actually fills you up), preferably without salt;
- Squeeze a lemon over your

vegetables or salad, try light or fat-free dressings, and never use more than a packet;

- Instead of regular soft

drinks, drink diet varieties or — better yet — water, low-fat or fat-free milk, or unsweetened tea or coffee;

- In lieu of a rich dessert, have a piece of fruit.

The U.S. Department of Agriculture’s dietary guidelines for 2005 recommended that adults consume these things each day:

- Three cups of fat-free or low-fat milk or dairy products;
- Three to six one-ounce servings of whole grains;
- Two cups of fruit and two and a half cups of vegetables (based on a 2,000-calorie intake with higher or lower amounts depending on level);
- Five and a half ounces of lean protein, including baked, broiled or grilled meat, poultry and fish, as well as beans, nuts and seeds.
- Added sugars, excess salt, and saturated and “trans” fats, such as butter and hydrogenated products, should be avoided.

Given their hectic schedules, most people do not feel that cutting out fast food would be practical. By choosing less caloric items and avoiding fatty side orders and sugary soft drinks, an on-the-go meal can be part of a balanced diet.

For more information, log on to the USDA Web site at www.healthierus.gov/dietaryguidelines.

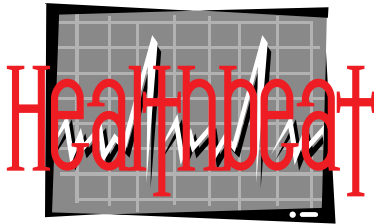




Photo by Kathy Jordan

Read between the lines

Soldiers of Company A, 1-63 Armor, give schoolchildren at Vilseck Elementary tours of a tank March 1 to illustrate the pun 'It Tanks a Lot of Books,' the theme for this year's Red Hot Readers. As part of the annual program, students aim to read a number of minutes collectively. This year, they have set a goal of 300,000. Last year, they exceeded expectations, requiring their principal, Dr. Robert Allen, to ride a scooter while wearing a purple wig. Stay tuned.

'Polizei' puppets play Grafenwoehr, raise curtain on conscious crossing

BY MARK IACAMPO
TRAINING TIMES STAFF

Famous crime-fighting canine McGruff took his pal Kaspar to Grafenwoehr Elementary School Feb. 15 and 16 to teach kindergartners and first-graders a thing or two about traffic safety. With them were puppeteers of the Weiden *Polizei*, who helped the pair outwit a scheming witch.

Officers Max Roessler, Werner Stopfer, Hubert Wittman and Theodor Zapf have performed their educational shows for more than 35,000 children since 1999, and their crime-prevention skit placed first among 15 Bavarian police stations at a competition in 2004.

Studies have proved that after one year, their young audiences had retained 90 percent of the lessons. To hold the students' interest, each script employs audience participation, encouraging them to help solve the crisis.

In their traffic presentation, for example, McGruff was concerned that Kaspar had been doing such peculiar things as playing ball in the street — and putting away his freshly laundered underwear in the refrigerator. He sought the aid of the gathered schoolchildren, who helped him detect that his friend had been placed under a sinister spell.

To break it, Kaspar had to do three things in a row correctly. Through his audience's coaching, he learned to look left, then right, then left again before crossing. They also taught him that the playground, rather than the street, was the proper



Photo by Mark Iacampo

Grafenwoehr schoolchildren watch a puppet show performed by Weiden *Polizei* Feb. 15.

place for games.

Finally, denouncing the witch's evil assertion that crosswalks were only for zebras, Kaspar's new friends would not let him be fooled. To the cheers of the crowd, he followed every rule to make it safely to the other side, thus earning his stripes and breaking the spell.

Women's History Month events set

100TH ASG PUBLIC AFFAIRS

Grafenwoehr will celebrate Women's History Month with a variety of distaff events.

In addition to hosting an exhibit on this year's national theme, Women Change America, the library will play vintage recordings that follow the progression of feminine roles, March 24, 6 p.m.

A fitness workshop for women will include wellness tips and workout sessions, followed by a healthful lunch, March 26, 9 a.m.

to 1 p.m., at the field house. On the program are aerobics, cycling, fitness-ball exercises, body-fat measurements, blood-pressure screenings, demonstrations of weights and gym machines, and information about breast self-examinations, pregnancy, and postpartum nutrition.

The Peer to Peer Symposium, March 29, 8 to 11:30 a.m., at Tower View Restaurant and Conference Center, will feature classes in gender communication, self-

development, career counseling, home-based businesses and continuing education.

Afterward at the Tower View, Finance Regimental Command Sgt. Maj. Pauline Cunningham will speak at a luncheon, 11:30 to 1. The cost is \$9, and dress for Soldiers is battle dress uniform.

For details about the library display or evening, call 475-6231. For tickets or more information on the other events, call Equal Opportunity at 475-7215/8038/2292.

Makeshift mess hall closes as Camp Normandy opens

The new dining facility at Camp Normandy served its first meal this morning.

In anticipation of its opening, the temporary DFAC on Grafenwoehr, building 103, was permanently closed after dinner on March 14.

Only meal-card holders, active-duty personnel receiving basic allowance for subsistence, preapproved Reservists and National Guardsmen, and students and cadre of the 7th Army

Noncommissioned Officers Academy, as well as those in their chains of command and visiting family members, may eat in the new mess hall, building 3310.

Neither Soldiers who are on rotation at Grafenwoehr Training Area nor civilians are authorized to do so.

The Camp Normandy dining facility is open daily. Hours of operation are 6 to 8:30 for breakfast, 11:30 to 1 for lunch, and 4:30 to 6 for dinner.

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www.afneurope.net/Bavaria

In brief

Volksfest vanguard

The next Volksfest planning session will be March 23, 6 to 9 p.m., at the Tower View in Grafenwoehr.

For more information, call 476-3435/-2295.

Post-rabbit repast

Easter brunch will be served at the Tower View Restaurant, March 27. Seatings will be 10 to 11:30 and 12 to 1:30.

Reservations are recommended. Call 475-6200.

OCS' approach

The next Officer Candidate School board is set for May 9, 9 a.m., in the command conference room of post headquarters, building 621, in Grafenwoehr.

Packets must be submitted to G1 by May 2. Applicants should contact their S1 for assistance.



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Seen through an archway, at the end of a cobblestone lane is Wawel Hill, residence of royalty for 500 years and the symbol of Poland to many.



A crowd gathers to see Florian gate by moonlight.



Dominating the market square, the cloth hall (above right) was once a center of trade, supplied by ships via the Vistula (below right). Inside the hall (above), tourists shop for souvenir crafts.

Poles apart

Deep in the heart of Poland lies Krakow, long the spiritual core of the country. Relatively untouched by war or modern building sprees, its tallest buildings are church spires and cathedrals, rather than skyscrapers. A small portion of the old city wall still stands, including one of the original gates, Florian, which was probably constructed around 1300.

Until 1609, Krakow was the capital, and although that distinction now belongs to Warsaw, the former has remained the nation's cultural, historical and intellectual center.

Because most of its sights are close together, a wonderful way to see the city is on foot. The main market square, laid out in 1257, is one of the largest in Europe. In the middle is the cloth hall, a trading hub from the 14th century until the late 1800s. Today, vendors within sell a variety of handmade wares.

The churches lining the square on all sides indicate the importance of Catholicism in the history of Poland. Indeed, religious citizens are quick to point out that the current Pope, John Paul II, lived and studied in Krakow for four decades and served as archbishop of the city.

The largest church on the square is St. Mary's, which stands on a site consecrated in 1220. The current building

dates from 1355 and contains some of the nation's greatest works of art. The altarpiece, 13 meters high and 11 meters wide, is the largest of its kind anywhere. Carved from lime wood and intricately painted and gilded, it is considered the finest piece of Gothic art in the country. Every morning at 11:50, curators open it to reveal the elaborately wrought biblical scenes inside.

Linger in the square, sipping a drink in one of the many cafes or shopping for amber jewelry, as Poland is one of the best places to purchase this lustrous gemstone.

Afterward, amble along the banks of the Vistula or stroll up Wawel Hill, which throughout much of the nation's long and tortured past has served as its political and symbolic seat. Most of its kings were crowned and buried there in the cathedral, a labyrinth of crypts, side altars and tombstones.

Those who wish to identify everything will need a guidebook, but one architectural feature that should not be missed is the huge set of iron doors at the entrance. Note the chains, hung with prehistoric bones reputed to contain miraculous powers: As long as the bones remain, the cathedral will stand. Or so saith the superstition.

The four-winged castle — a seemingly

For many, 'Poland' conjures up only images of Auschwitz. They are surprised to learn that the country was not utterly ravaged during the Second World War, but in Krakow alone, much remains to be seen. Story and photos by Alice Adler

endless repository of magnificent tapestries, medieval arms and lavish furnishings — is one of the grandest on the continent. The castle also houses The Lost Wawel exhibit, which charts the archeological finds on the hill, including the 11th-century Chapel of the Blessed Virgin, discovered in 1917.

On the return walk down, explore another remarkable section: the tiny Jewish Quarter. Measuring a mere 300 meters square, this district had been all but forgotten and left to ruin since World War II, until *Schindler's List* focused on the fate that befell thousands of Krakow Jews. Although most of the film was set in the ghetto and the concentration camps outside the city, it revitalized interest in local Jewish history.

Four synagogues — two houses of worship and two museums — may be visited, as well as the old Remu'h cemetery, where Nazis razed the headstones. During postwar restoration, however, workers unearthed hundreds of grave-markers that had been buried by the Jewish populace over the years to save them from successive invaders. Some of these tombstones are more than four centuries old, and the refurbished result is one of the most well-preserved Jewish cemeteries in Europe.

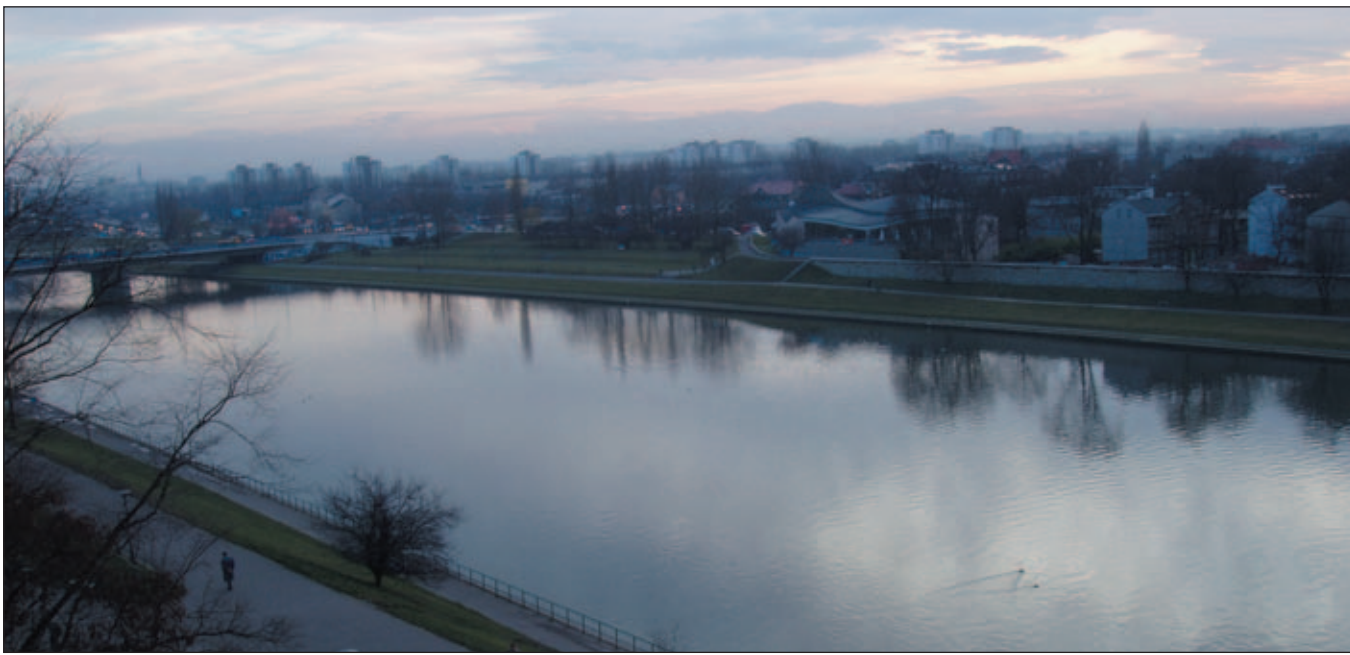
In the next issue: Auschwitz



St. Mary's facade features two dissimilar towers. The lower one is topped by a spire and a golden ball said to contain the history of Krakow. Every hour, a trumpeter still blows a medieval warning from the higher tower.



Pedestrians pass the tiny church of St. Barbara (above), tucked in behind the far larger St. Mary's, for which it once served as cemetery chapel.



New clinic makes going extra mile unnecessary

BY ALICE ADLER
TRAINING TIMES STAFF

Because people whose bodies are racked with pain shouldn't add insult to injury by driving long distances, the Hohenfels Health Clinic opened a physical-therapy section Feb. 1 to give Soldiers and family members the care they require.

Having such a facility at a post so small is unusual, but the relatively remote location of Hohenfels made it a priority. According to Capt. Emily Stehr, chief of physical therapy in Vilseck, Col. Mike Davis, Combat Maneuver Training Center commander, requested the clinic.

"He was interested in better utilization of time for Soldiers," she said.

Before, physical-therapy patients were referred to German clinics in Parsberg, Vilseck, Schmidmuehlen or occasionally Regensburg. Most of them needed treatment twice a week for up to six months, so that appointments cut into Soldiers' schedules significantly.

Professional physical therapist Matt Stehr, who, coincidentally, is married to Capt. Stehr, pointed out some of the other problems with the previous arrangement,

including the "language barrier, different treatment philosophies and different medical protocol," all of which made working with German physical therapists a challenge, he said. "This way, we can communicate directly with the doctors in Wuerzburg."

According to Mr. Stehr, "anything and everything" is treated at the clinic, but the most common conditions are lower-back pains, knee pains and ankle sprains. He also sees a number of postsurgical patients who have suffered fractures or undergone ACL (anterior cruciate ligament) reconstructions to their knees.

After a full-sized electrical-stimulation apparatus and a deep-heating ultrasound machine arrive, he said that the clinic will be fully operational. While he waits to receive them, however, he has many techniques in his bag of tricks, such as stretches, strengthening exercises, heat and cold therapies, stationary bicycles, traction, and manipulation.

Patients said they had been pleased with their treatment.

"I've been doing it about three weeks, and so far it seems to be working," said Staff Sgt. Thomas Marshall, who was shot in the foot during his deployment to Afghanistan with Company A, 1st Battalion, 4th Infantry Regiment, in 2004. Still unable to bear weight on his foot, he does stretching exercises combined with electrical stimulation.

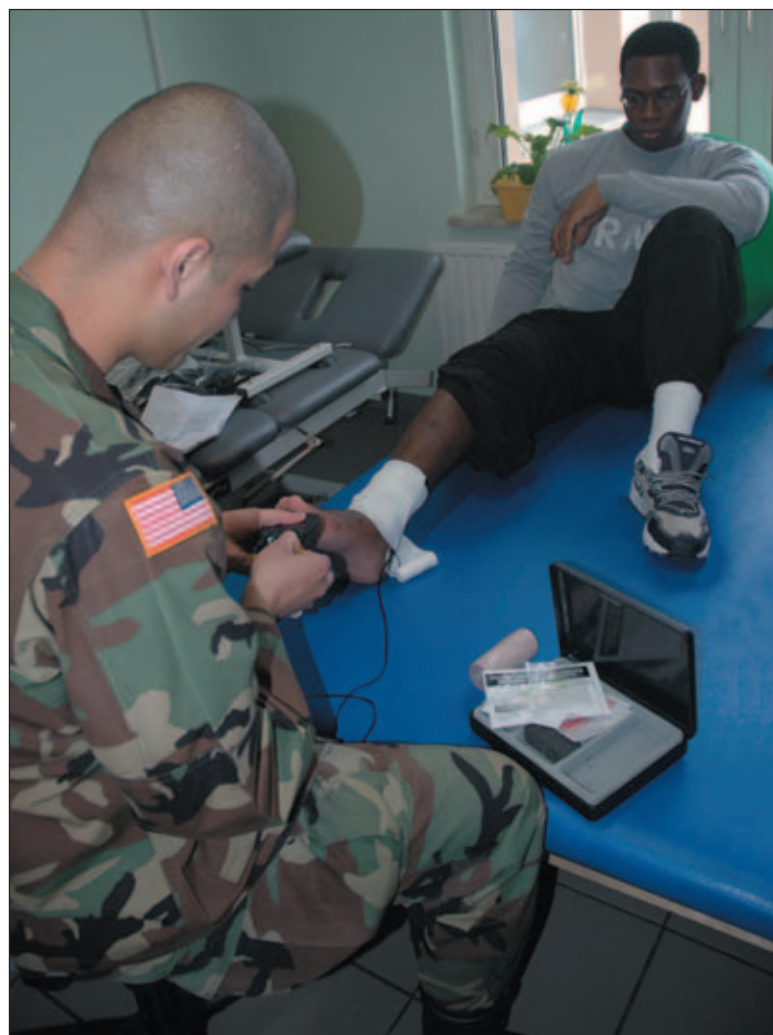
Spec. Sean Heyliger, whose ankle was broken in a car accident, said he had seen results too.

"I have more movement in my foot," he said. "I just want it to hurry up and heal, but I need to be more patient," adding in his own defense that the transition from being a busy, active Soldier to one



Staff Sgt. Thomas Marshall (left), who was shot in the foot while deployed to Afghanistan, stretches gently as part of his therapy. He is expected to make a complete recovery. Spec. Sean Heyliger (far left) watches as Spec. Fernando Chavez attaches a portable electrical-stimulation machine to his ankle. A full-sized model has been ordered for the clinic, as has a deep-heating ultrasound device.

Photos by Alice Adler



who must get around on crutches was difficult. "I am able to put more weight on it now, and the more weight I can put on it, the more exercises I can do."

Capt. Stehr said that the clinic has been getting "steady business" and offered tips to help people avoid becoming patients:

- + Lift objects using your legs, keeping your back straight and your head high;
- + Pivot with your legs, rather than twisting your back;
- + Sit up straight;
- + Boost your exercise intelligently by selecting one variable (frequency, intensity or time) and increasing it by 10 percent a week;
- + Work out consistently, and when recovering from an injury or a break, build yourself up slowly;
- + Avoid overtraining, indicated by soreness that lasts more than 48 hours after a workout;
- + Use exercise mats for sit-ups;

- + Stretch major muscle groups to keep them flexible;
- + Always warm up and cool down slowly;
- + Exercise three to five times each week;
- + Never run more than once a day, doing low-impact cardiovascular exercises, if additional workouts are desired;
- + Never run more than five times a week, and do not exceed a weekly mileage (running and marching) of 35 to 40 miles weekly;
- + Know your foot type (high arch, for example) and wear proper running shoes, not court or cross-training sneakers, to run;
- + Replace running shoes after about 600 miles.

The clinic is open Tuesdays and Thursdays, and patients are referred by their primary care providers. To schedule an appointment or obtain more information, call 466-1750.

In brief

Free language-barrier bridge

Army Community Service provides translations to I.D. cardholders at no charge.

German, Korean, French and Spanish documents are sent to Army One Source and returned to the client in English via e-mail within five business days. Medical and legal documents, including leases, will not be accepted.

Translations take about five business days, and finished documents are returned to the specified e-mail address.

For more information, call 466-4860 or stop by ACS, building 317.

Pet peeves

Because the staff veterinarian has been sent on temporary duty for three months, the clinic will offer limited appointments with a

visiting vet through May.

To schedule one, call 466-4560 Mondays, Tuesdays, Wednesdays and Fridays, 9 a.m. to 12 p.m.

The facility is in building 746, one block past the commissary.

Concentration camp visit

The 282nd Base Support Battalion Equal Opportunity office will take a staff ride to the Auschwitz-Birkenau concentration camp, April 13 to 16.

All Soldiers, family members and other civilians are invited to join this educational trip. Transportation is free, but you must pay for your hotel room.

Deadline to register is March 31, and seating is limited. No refunds will be given.


For details, drop by EO, building 317, or call 466-4426/2440/4102.

Off post


- Easter markets offer an array of painted eggs, as well as other decorations. One runs daily through March 28 on the Nuremberg *Hauptmarkt*. The *Kulturschloss* in Theuern, near Amberg, will host another March 18, 12 to 6 p.m., and March 19 and 20, 10 a.m. to 6 p.m.
- Local towns will deck their Easter fountains on the following dates: **Amberg**, at the *Eichenforstplatz*, March 16, 10:30 a.m.; **Mantel**, March 18; **Schlammersdorf**, March 19. For a list of *Osterbrunnen* driving tours in Franconian Switzerland, log on to www.pottenstein.de (see also *German Easter*, page 12).

Chapels

- Grafenwoehr**
- Palm Sunday will be celebrated March 20: 9 a.m. for Catholics and 10:30 a.m. (miniature cantata) and 12:45 p.m. (gospel) for Protestants.
 - Good Friday services will be held March 25 for Catholics at 6 p.m. and for Protestants at 7:30 p.m.
 - The Easter schedule March 27 will be as follows: Catholic, 9 a.m.; Protestant, 10:30 a.m.; gospel, 12:45 p.m.
- Vilseck**
- On Palm Sunday in the main chapel, Protestants will meet at 9 a.m., a confirmation ceremony



HART: Roxie



KELLY: Velma

Caught in the act
The musical *Chicago*, starring Maureen Platt as Roxie Hart and Holly Matesick as Velma Kelly, opened March 11 in Vilseck. Performances are set for March 24, 25, 26 and 31 and April 1 and 2, 7:30 p.m., in the high-school multipurpose room. The show is not appropriate for children under 13.

Photos by Chris Swanson

- for Catholics will follow at 11 a.m., and the Assembly of God will gather at 3:30 p.m. In the small chapel, Episcopal services will be held at 10:30 a.m., and Church of Christ will congregate at 3 p.m.
- Maundy Thursday services March 24 will be held in the small chapel at 5:30 p.m. for Protestants and at 6 p.m. in the main chapel for Catholics.
 - Protestant Good Friday services will be held March 25, 12 p.m., in the main chapel.
 - An Easter Mass will be said in the main chapel March 26, 6 p.m.
 - Easter services in the main chapel will be held March 27 at 11 a.m. for Catholics and for the
- Assembly of God at 3:30 p.m. An alfresco service will be held for Protestants, 10 a.m., in the Outdoor Recreation Center pavilion at Big Mike Lake. In the small chapel, Episcopalians will meet at 10:30 a.m., and Church of Christ members at 3 p.m.
- Hohenfels**
- Liturgical services for Maundy Thursday and Good Friday will be held in Nainhof Chapel, 5 p.m., March 24 and 25, respectively.
- Army Community Service Vilseck**
- A class in breast-feeding basics will be taught March 24, 10 a.m. to 12 p.m., in the ACS lounge, building 322. All expectant

- mothers may attend this free class. Register by calling 476-8650.
- Hohenfels**
- The next newcomers' orientation is set for March 21 to 24. Learn German phrases, eat in a local *Gasthaus* and travel to Regensburg by train. To sign up, call 466-4860.
- Education**
- Central Texas College will conduct registration through March 25 for the following vocational-technical courses: Family and the Community (early childhood development, three credit hours) and a class in automotive fuel systems (four hours), which will meet in Vilseck, and Ethics in Criminal Justice (three hours), which will be

- taught in Grafenwoehr. Term dates are March 28 to May 20. For more information, phone 476-2362 or log on to www.europe.ctcd.edu.
- Libraries**
- Grafenwoehr**
- Young artists will win books in the Easter coloring contest. Children may choose their own pictures, or parents can pick up printed ones. Deadline is March 24, and each entrant's name, age, address and phone number should be written on the back of his work.
- Hohenfels**
- A poetry contest celebrating the Month of the Military Child will be held throughout April. Call 466-1740 for details.
- Arts and Crafts Centers**
- Grafenwoehr**
- Children aged 8 and up will make their own kites March 19, 9 a.m. to 12 p.m. The \$7.50 fee does not include supplies. Register by calling 475-6101.
- Vilseck**
- Learn to create objects out of wire March 18, 5:30 to 8:30 p.m. The fee is \$7.50, plus supplies. To sign up, call 476-2652.
- Hohenfels**
- The basics of matting and framing will be taught March 19, 1 to 3 p.m. The fee is \$35. For more information, call 466-2538.

Fire and water? Cracking German Easter

BY MARTINA BIAS
SPECIAL TO TRAINING TIMES

Easter celebrations in Germany are similar to those in America. Children dye eggs, delight in baskets delivered by a bunny and go on hunts. In both countries, the main dish at Sunday dinner is traditionally lamb or a ham. Other customs, however, such as Easter water, bonfires and wells, are distinctly German.

Holy Week observances begin on *Gruendonnerstag* (literally "green Thursday," but called "Maundy Thursday" in English) and end with *Ostermontag*, or "Easter Monday." *Karfreitag* (Good Friday), *Ostersonntag* (Easter Sunday) and *Ostermontag* are national holidays, and German children get a two-week break from school. Many Germans decorate their yards with plastic eggs and rabbits.

As one might expect, green foods are the usual fare on local luncheon and dinner tables for *Gruendonnerstag*. Creamed spinach with fried eggs is commonly served, as is *Krautersuppe*, or "herb soup," made from a variety of green vegetables as well as herbs. This is also the day when Germans tend to use their collections of chicks, bunnies and eggs — all symbols of new life and fertility — to trim their Easter tree or branches. Ideally, these will have been cut from a birch on March 20 for the first day of spring, put in water and placed in a sunny spot, thus giving them time to sprout leaves. Pussy willows are also favored as decorative underpinnings.

In contrast to the English name "Good Friday," "*Karfreitag*" comes from the Old High German word "*chara*," which means "misery, mourning or lament" and emphasizes the sorrow over Jesus Christ's death on the cross. For Protestants and Catholics alike in Germany, this is the most sacred day of the year. Christians of both sects commemorate it by attending memorial services, taking part in processions and eating fish.

On the Saturday between Good Friday and Easter Sunday, kitchens hum with the preparation of colorful

eggs and special breads (see recipes below). That night, young men may endeavor to prove their bravery by jumping over a bonfire, and couples frequently seal their engagements by leaping over one together. Originally, such blazes were built to evoke the sun, once considered the giver of life.

Between midnight and sunrise, Easter water must be drawn from a well or a stream. According to legend, water thus procured in complete silence by young maidens will prevent sickness and bad luck throughout the year and bestow beauty on each girl who carries it home. Mischievous boys have been known to lie waiting in the hopes of startling them, so that their muteness — and with it, the spell — would be broken, but most have regretted it when their prey wordlessly poured cold water on them.

In some parts of the country, including this region, people still festoon the village well or fountain with greenery and colored eggs to show their gratefulness for the precious water (for dates, see page 11). This tradition is thought to have originated in nearby *Fraenkische Schweiz*, or "Franconian Switzerland." Within its boundaries of Pegnitz to the east, Forchheim to the west, Graefenberg to the south and Hollfeld to the north, more than 200 wells are bedecked, often elaborately so. The most famous ones of this area are in Pottenstein and Goessweinstein. On March 19 beginning at 11 a.m., the citizens of Amberg-Sulzbach hope to make their way into the *Guinness Book of Records* with their attempt to exceed the world's highest number of Easter eggs — 11,600 — on a fountain.

Easter Sunday is much the same as in America, with families gathering for church, big meals and egg hunts. Generally, the German Easter bunny, like his stateside relation, brings candy and toys to all children, even the naughty ones, but my father has admitted his parents were once so displeased with his behavior that instead of treats and other presents, he found only rabbit droppings.

On *Ostermontag*, relatives visit for a final holiday feast, bringing the season to a close.



Photo by Alice Adler

German children do believe in the Easter Bunny, as this straw representation of him suggests. Such colorful yard displays are often erected in Bavaria.

'Osterbrot' essential as eggs to Bavarian holiday

BY MARTINA BIAS
SPECIAL TO TRAINING TIMES

Baking sweet yeast breads for Easter is a tradition in many countries. Americans and the British have their hot cross buns, which originated in England during the reign of Elizabeth I. Russians and Greeks create elaborate braids with colored eggs nestled among them. In the Netherlands, pieces of dough are formed into people who cradle single eggs in their arms.

Northern Germany has *Osterklaben*, or "Easter log," a confection that is similar to Christmas stollen. Anyone who has noticed its abundance in bakeries and grocery stores, however, will have gleaned that Bavarians enjoy their *Osterbrot*.

German Easter bread is usually an 8- to 10-inch round marked with a cut cross on top. Some are further decorated with flaked almonds, and occasionally, they are as small as rolls.

The eggy, buttery dough is most commonly studded with raisins, but nuts and candied lemon peel are other popular additions. Richer loaves glisten



A basket of sliced homemade bread makes a lovely breakfast on Easter morning. Regional accompaniments include butter, ham, sliced apple (a symbol of the Original Sin) and the distinctly Bavarian fresh horseradish. Although loaves are available from any bakery, only by making it can you fill your kitchen with heavenly smells.

Photo by Cara Matlock

with a sugary glaze.

For a festive alternative, strips of plain dough may be braided and formed into a wreath, or *Osterkranz*. The following recipe gives instructions for both.

I wish you a happy Easter.
Frohe Ostern!

Osterbrot or Osterkranz

4 cups flour
1 package active dry yeast

1 cup warm (110 F to 115 F) milk
1 stick butter (no substitutes)
2 eggs
1/2 teaspoon salt

For loaf

1/2 cup chopped almonds
1/2 cup chopped candied lemon peel
1 cup raisins, rinsed in warm water
2 tablespoons rum
1/4 cup melted butter
1/4 cup sugar

For wreath

1 egg yolk, beaten
1/4 cup slivered almonds
1 1/2 tablespoons rum

Sift flour into large bowl and make a well in center. Mix yeast with warm milk and pour into indentation. Stir a little flour into mixture to make a "sponge." Leave for 15 minutes.

Meanwhile, if making loaf, mix

almonds, raisins and candied peel with rum. Let sit 30 minutes.

Melt butter and knead it, along with sugar, eggs and salt, into sponge with flour to form dough. Cover and let rise 40 minutes.

For loaf, add rum-soaked fruit, shape into round and put into greased 9-inch cake pan. Cover and let rise 20 minutes. With sharp knife, cut cross into top.

For wreath, divide dough into three equal portions and roll each into a rope. Braid and close into ring. Brush with beaten egg yolk and sprinkle with almonds and sugar, then rum.

Preheat oven to 350 F. Bake loaf or wreath 50 to 60 minutes.

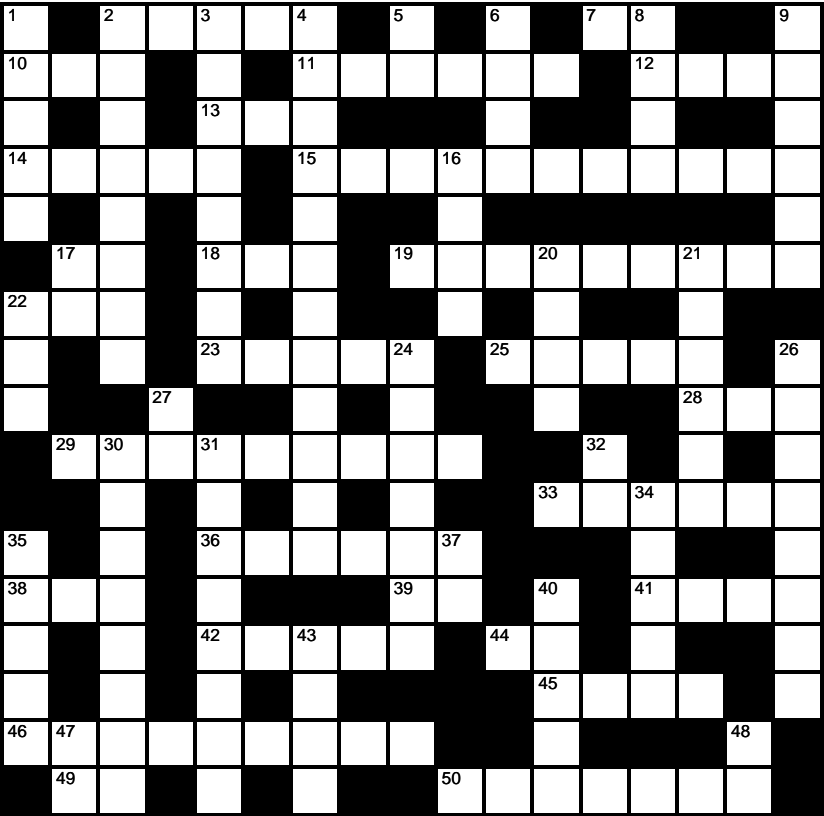
While loaf is hot, brush with butter and sprinkle with sugar.

Yield: One loaf or wreath

If you have ever wondered why Germans do certain things, or if you have a favorite German dish and would like to recreate it at home, e-mail your questions and comments to martina.bias@us.army.mil. One of your suggestions could be used for a future column.

Crossword

Another year, another Oscars: Whether those little gilded men went home with your hopefuls, this retrospective will take you down Sunset Boulevard



- Across
- 2 Most recent musical best pic teens with them

7 Beatles' post-split win, *Let It* ____

10 Provenance of Joan, whose bio drew first costume-design distinction

11 For cinematography of *Rose* ____, James Wong Howe only Chinese-American to win Oscar

12 Playing Helen Keller, Miss ____ first minor to net competitive Oscar

13 "Why should people go out and pay to ____ bad movies when they can stay at home and ____ bad television for nothing?" — Sam Goldwyn (one word)

14 Title character of only animated film ever up for top spot

15 First British best actress

17 Possible sequel signal

- 18 "We ____, we mimic, we mock. We act." — Laurence Olivier

19 Second doubled number of original's Oscars

22 *Titanic* tied it for most nominations, *All About* ____

23 Al Pacino portrayed Oscar-winning sense of this

25 First name of youngest competitive winner, aged 10

28 This year's best actor favorite, familiarly (and unsuccessfully)

29 First to be nominated posthumously

33 George C. Scott refused best actor for this film

36 Most-nominated actress, Ms. ____

38 Sally Field's first triumph, *Norma* ____

39 "The lunatics have taken charge of the asylum." — response to Charlie Chaplain's acquisition of this studio (abbr.)

41 Sought in last year's animation award-winner

42 First film to take top title

44 Gregory Peck first best actor born here (abbr.)

45 Royal subject of award-sweeping epic

46 Only two-time best actor, Mr. ____

49 Well-represented guild (abbr.)

50 Oliver Stone's first win
- Down
- 1 Legend merely honored, never awarded, Miss ____

2 Surname of first black nominee — and winner

3 *Primo* best foreign-language film

4 First blind Academy Award winner

5 ____ *Happened One Night*, first movie to sweep top five categories

6 City was site of Audrey Hepburn's winning role

8 Anne Baxter best supporting actress on *Razor's* ____

9 First film to achieve 11 wins (and unsurpassed)

16 Gold statuette one

17 Katharine Hepburn's record-holding number of best actress Oscars (Roman numeral)

20 Robert De Niro made second consecutive bid as ex-con at this *Cape*

21 Actor in title role produced film, becoming sole capturer of both categories

22 ____ Marie Saint, best actress for *On the Waterfront*

- 24 Lead and supporting actors of this best picture — both unknowns — picked as well

26 Only director to have won four times

27 "____ still here." — Bob Hope, host of first televised ceremony, 1953

30 One frequent winner has directed his father and daughter to Oscars: latter's first name

31 Oldest best director, Mr. ____

32 "Anyway, ____, I made it ... top of the world!" — closing lines in *White Heat*, spoken by James Cagney

34 Ms. ____, oldest best actress

35 Director's unsuccessful bid — for his masterpiece — his sole nomination (first name)

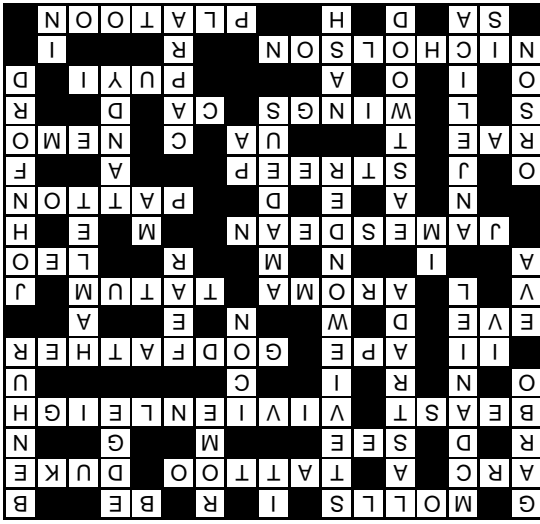
37 State in which James Stewart's only winning role was set (abbr.)

40 Surname of best director every other year, 1934 to 1938

43 John ____, basis of *A Beautiful Mind*

47 "The cinema ____ truth 24 times per second." — Jean-Luc Godard

48 First detective flick to nab best pic, ____ *the Heat of the Night*



playtime

Professional hockey players visit Vilseck

Fun runs

- The 7th Army Training Command will hold a St. Patrick's Day run, March 17, 11:30 a.m., beginning in the Tower Theater parking lot. Refreshments will be served, and the event is open to the community.
- Hohenfels will get a head start on spring with a five-kilometer run March 19. Entrants should meet at the post gym for a safety briefing at 8 a.m.; the run will begin at 8:30.

Youth basketball champs

Hohenfels Heat won the bantam division of the 100th Area Support Group Youth Sports Basketball Championship, March 5 and 6 in Grafenwoehr.

In the juniors division, the Celtics of Grafenwoehr took first. Two other Hohenfels teams — the Timberwolves and the Knights — placed second and third, respectively.

Softball sign-up

Unit-level softball registration will run through April 15 in the 409th Base Support Battalion.

Teams of 18 or fewer players and two coaches should submit a letter of intent signed by their first sergeant or commander, a copy of their alpha roster, and a list of members to the Grafenwoehr Field House or the Rose Barracks Fitness Center.

For more information, call 475-836 or 476-2998.

Graf team takes 100th ASG title

BY DAN FRAIZER

409TH BSB RECREATION ASSISTANT

The top three teams from each of the 100th Area Support Group communities competed in the unit-level basketball championships, held Feb. 18 to 20 at the Grafenwoehr Field House.

Filling the double-elimination bracket were 41st Transportation Company, 529th Ordnance Company, and Headquarters and Headquarters Company, 1st Battalion, 63rd Armor Regiment, of Vilseck; 615th Military Police Company, Headquarters and Headquarters Company, 100th ASG, and Company D, 3rd Battalion, 58th Aviation Regiment, from Grafenwoehr; and companies B, C and D of 1st Battalion, 4th Infantry Regiment, Hohenfels.

HHC, 100th ASG, defeated 41st Trans. in a close championship game to take the title, led by Quentin Young, who averaged 17.3 points per game, and Jawan Hunter, with 15.8. Leading all scorers was Jerome Gardner of 41st Trans., with 22.3 points per game.

HHC, 100th ASG, advanced to the Army-Europe tournament March 3 to 6 in Wuerzburg, along with 1-63 Armor, which replaced 41st Trans., because of the latter's deployment.

BY KATHY JORDAN

TRAINING TIMES STAFF

Members of the Ingolstadt Panthers major-league ice hockey team took time out to talk with students at Vilseck Elementary School on March 7. During this, their first visit to an American military installation, the players told children that staying in school and getting a good education were important. Afterward, they went to the Post Exchange, where they signed sports cards, calendars and posters for fans.

According to Sgt. 1st Class Sean Tafoya of 529th Ordnance Battalion, who met one of the Panthers when their sons played in a game against each other, the team is composed of mostly Canadians and Americans, who wished to do something for their compatriots, because they normally visit German communities.

"They thought it would be a great experience ... to speak to kids in English," he said. "I think it is a great opportunity for the kids. It's not every day kids get to meet professional hockey players."

Ingolstadt is ranked fourth among 14 teams in its league. Justin Harney, a native of Boston, has been a member for two years. He had never been to Vilseck and saw this as a way to show his appreciation to the troops.

"This is important to me because of the situation going on right now, with all the Soldiers in Iraq and all throughout the world," said Harney. "To come and support ... all the families that sacrifice — their parents, mothers, brothers and sisters — is some-



Photo by Kathy Jordan

Ryland Edwards, age 5, gets autographs from Ingolstadt Panthers during the major-league ice hockey team's autograph session at the Rose Barracks Post Exchange in Vilseck March 7.

thing I have looked forward to for a month and a half, when we set up the visit. It's a very special and important day for me just to see what goes on here."

Craig Ferguson, another two-year member, said he had enjoyed his time with the youths.

"It was neat talking to the kids," he said. "It's not always easy figuring out what to say. There are different age groups and attention spans. It's great to come and tell them a little about what we had to do in school. If one child learns something, we have done our job, and it is worthwhile."

French-Canadian Jimmy Waite, formerly of the U.S. National Hockey League, said that being good role models — and having fun — had been the team's goals.

"We wanted to explain to the kids how important it was to go to school," he said.

Many of the players' wives had accompanied them, and they expressed empathy for Army spouses, having undergone many of the same upheavals themselves.

Nancy Waite made the move with her husband four years ago.

"My first year in Germany was not easy, because everything was different — the culture, the language, the food — but I really like it now," she said. "The first year was hard; the second, OK; and now I am used to it. I have learned a little bit of the language, and that makes it easier."

Jennifer Goodall has lived in Germany for 12 years but experienced a similar period of adjustment.

"It was hard at first," she remembered. "[My husband] was the only North American for the first three years, but once I learned some of the language, it got easier every year. We have two

kids. We have a 5-year-old who started playing hockey this year, so possibly he may play later."

Goodall added that she thought the Panthers' chats with military children were "great," and that her husband and his teammates helped Ingolstadt youth as well.

"He has really gotten involved in the community and with charities," she said.

Glen Goodall, a German-Canadian, who has been with the team for six years, elaborated on their works.

"We sell calendars ... for a foster home in Ingolstadt. We contribute money too. So far we have raised about 7,500 euros, and that pays for them to go to a game. They have met all the players. They come into the dressing room, we buy them souvenirs and hats and shirts, and with the rest of the money ... we sent them on a holiday to go rock-climbing. We go visit them in the home."

"This is the second year we have done this," he continued. "Last year we raised 5,000 euros. We didn't know if they were really fans or if they knew who we were, but it turns out they were huge fans, and it was just a thrill for them that we all went to their home, and we saw how they lived."

German-American Brad Burym, a third-year Panther, said he was grateful for the opportunity to visit an Army post.

"I am probably speaking for all the guys when I say we are probably more fans of the people who live here than they are of ours," he said. "It's an honor to be here; it is unbelievable."

Lady Falcons net third at tourney

BY KATHY JORDAN
TRAINING TIMES STAFF

The Vilseck High School girls' varsity basketball team finished third overall in the Department of Defense Dependents Schools European Basketball Championships, held in Mannheim, Germany, Feb. 23 to 26. The Lady Falcons finished with an overall record of 17 wins and 3 losses.

The varsity boys had 11 wins and 7 losses for the season. LaPorchea Sanders made all-tournament and all-conference first team. Teammate Eboney Chambers was named to all-conference first team, and Cathy DeLaRosa received an honorable mention. From the varsity boys, Jamal Johnson made all-conference first team.

Lady Falcon Clarrisa Harvey admitted that she was not satisfied with her team's placement. "My feelings are hurt," she said. "Truly, I think we should have had the championship. I don't know if we were tired because we had played real late the night before or because we played early the next day, but the chemistry and the shots were not there. It was a real

heartbreaker. We wanted to win the championship. A lot of us have been here since seventh grade." Sanders agreed. "We had an awesome season. We won a lot of games and waited to the end of the season to lose the game that really counted. We gave it all we had." She was not discouraged, however, saying she would continue to practice her playing skills. "I will work on my speed using my left hand more and following my shot more before next season starts."

Chambers, a senior, had been on the team since she was a freshman. "I would say that this group of girls was probably the most fun," she said. "We had the most fun that I ever had. Play on the team for your teammates. Play the game for your teammates and yourself."

Fellow senior Jessica Linka also talked of teamwork. "Communication is the key," she explained. "If you don't talk, you don't get anywhere. We had the same people, so we were able to work together. That was to our advantage."

Like Harvey, Kevin Pollock, a senior Falcon, was disappointed with his team's outcome. "We started off well, and then we fell apart around midseason, but we started coming together again during the end," he recalled. "But we did not come back quick enough, because we did not win championships."

Aaron Vernon, also a senior, echoed his sentiments, saying their team should have gone further. "Our chemistry broke down," he said. "The team was really great. I have learned that if the team does not have good chemistry, then you won't win anything. You need people to be able to communicate on the court. Focus on teamwork. If you don't have it on the court, you are not going to play your game."

Teammate Josh Brooks said he had learned the same lesson. "This was my first time playing organized ball," he began. "I knew for a fact we could have taken [the championship] with all the talent we had on the court. Unfortunately, I won't be here next year to play. I have learned how to play as a team member from this year's season. Before it was all about [myself], but now I know that it is a team effort that makes a team great."

Junior varsity players said they were eager to be part of such an effort. Freshman Dextra Johnson said that his first year playing basketball in Germany had been a good experience and added, "My goals

for next year are to get on the varsity team." Some of his teammates described their own training tactics to accomplish that end. Chris Lewis, who had been playing in Vilseck for two years, said he would work on shooting and dribbling. "This year was fun," he said. "We are losing a lot of players after this year. It will be a challenge next year."

Devon Douglas, who said he hoped to become a point guard or a shooting guard, reflected on his playing style. "I should have taken more shots this season," he said. "I will start practicing every day for next season, so I can get better."

Freshman Troy Whitehead said he would spend the summer improving his left hand, his shot and his speed. "I felt pretty good about my first year playing," he said. "I think we did pretty well as a junior varsity team. We suffered a couple of losses, and that is what hurt us."

Doug Hitchens, another freshman, was less pleased with his own performance, but said he had learned from his first year of playing organized ball. "I thought my first season was kind of bad," he confided. "I did not do as well as I thought I would. I gained experience from playing on the team. ... It will be a challenge next year."

Jose Rojo was looking ahead too. "I felt we could have done better," he said. "I want to come on the court with more heart next year. We need more self-motivation when we go out and play. Sometimes when we played, there was too much 'I' and not enough 'we.'"

Player Mike Klein assessed their season, saying, "I thought the team was good, but we let ourselves down. We beat ourselves in games we should have won."

Van Foster, a senior who had played basketball in America before transferring to Germany, said he had noticed some differences between the two. "In the States, they are more intense," he said. "Over here, they kind of shelter the players. It's a lot quicker pace in the States."

Foster offered advice to those who would be transferring into a different sports program. "Don't be shy or scared," he urged. "Don't wait for a chance go out there and try to make things happen. Give it your best shot. Don't be scared; just play your game. Take it serious, but don't let it be the main thing in your life."

It was a real heartbreaker. ... A lot of us have been here since seventh grade.

Clarrisa Harvey
Lady Falcon

